Cardiac Rehabilitation
How to live after a heart condition

Why cardiac rehabilitation?
If you have had a myocardial infarction, for example, or underwent heart surgery, then perhaps you know the feeling that you get shortly after you have returned home: it is nice to be home again, but how can I go on with my life? What can I do, what am I allowed to do, what is or is not dangerous, how serious is it when I feel pain in my chest, what about my work? You may feel restless or anxious, be irritable or quickly become emotional. Many participants in our cardiac rehabilitation programme have these questions or other uncertainties.

Duration
The duration of the rehabilitation programme is determined by the team in consultation with you. An important consideration is to what extent you have achieved your objectives or are able to achieve these independently.

The Capri training sessions are given twice a week. The informational meetings and the other treatment programmes are arranged separately.

Healthcare insurance
Capri cardiac rehabilitation has a contract with all healthcare insurers in the Netherlands. This means that cardiac rehabilitation, provided it has been indicated by a physician, qualifies for reimbursement. So, in general you will not receive a bill*.

The Capri programme is a sports-based form of cardiac rehabilitation. It focuses on improving the physical condition, the self-confidence and the social integration of the participants. It was designed specifically for persons with a heart condition. Capri cardiac rehabilitation cooperates with hospitals in the Rotterdam and The Hague areas.

*please be aware of your personal contribution

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werken aan een gezonde leefstijl
The Capri Cardiac Rehabilitation Programme

Having a heart condition or heart surgery is not at all a reason to stop with everything. Practice has shown that rehabilitation can clearly improve your possibilities. Capri cardiac rehabilitation is a sports-based approach in which individuals, training in groups, still receive individual programmes. You can follow the Capri cardiac rehabilitation programme in and around Rotterdam and The Hague.

Cardiac rehabilitation is aimed at restoring the quality of your daily life: learning how to live pleasantly with your heart condition. Cardiac rehabilitation restores your confidence in your body and teaches you how to deal with potential physical or psychological limitations.

By doing supervised physical exercises, you will learn (and recognize) your possibilities and potential limitations. In addition, you can receive psychological and social support if you wish; to help you recover your balance between yourself and your environment. You will also get advice and counselling on healthy living and other aspects that concern you personally. You may find it hard to stop smoking or you may suffer from stress or other anxieties. You and the quality of your life are of prime importance. Advising and counselling your partner and your children are part of this.

With cardiac rehabilitation, you will be working on:
- regaining your confidence;
- reducing anxiety and tensions or learning to deal with them;
- improving your physical condition;
- rediscovering possibilities;
- learning how to deal with potential limitations;
- finding out what causes potential symptoms;

You are not facing it alone

With Capri cardiac rehabilitation, we keep the distance between the supervising team and the participant as small as possible. For instance, during the training sessions there will always be a physician and a nurse by your side, something which makes it easier to discuss any potential symptoms.

The entire team is composed of experts focusing on three basic areas of activity: your physical recovery will be supervised by a physician, a nurse and two physiotherapists. If changes to your living conditions or lifestyle are necessary, e.g. in the field of work and leisure activities, you can receive support from a social worker. For emotional problems, you can also consult the social worker or, if necessary, the healthcare psychologist or psychiatrist. In addition, you can rely on our nutritionist and/or dietician.

Referral and participation

You need a referral from your specialist, family doctor or company doctor if you want to participate. You will receive an invitation to come, together with your partner, to an introductory meeting, where a member of the team will explain the programme. An appointment for an intake interview will also be made. In this interview, we will obtain information about your health and draw up a rehabilitation treatment programme.

After that, you will start with the Capri programme. The sports-related part of the training is held in sports facilities close to where you live and will be different for everybody as regards duration and effort. The informational meetings will mainly be held at the Parklaan office in Rotterdam or at the Bronovoltaan office in The Hague. The following topics are discussed during these meetings: risk factors, healthy food, coming to terms with cardiovascular disease and medical information. Specific informational meetings have been developed for ICD patients. Furthermore, it is possible to make an individual appointment with various staff of Capri cardiac rehabilitation.

The other treatment programmes that you can register for are:
- How to stop smoking
- Dealing with stress
- Healthy food and weight counselling
- Living with an ICD